

Rehabilitation Protocol: Quad/Patellar Tendon Reconstruction

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

Week 0-2

- First PT visit 2 weeks post surgery
- Passive or active-assistive ROM for full extension and 0-30° flexion per MD discretion
- TTWB crutch gait for 8 weeks with brace locked at 0°
- Brace locked at 0° for all activities except therapeutic exercise
- **Therapeutic exercise:**
 - A.A.ROM for flexion (see above) and full extension
 - Isometric quad, ham, adductor and abductor
 - Ankle theraband exercises
- Water precautions

Week 2-8

- PT as necessary to meet goals
- Passive or active-assistive ROM. Add 15° flexion each week with a goal of 90° at 8 weeks. Advance beyond 90° after 8 weeks.
- Remove suture from incision and re-apply steri-strips at 2 weeks
- TTWB crutch gait with brace locked at 0°
- **Therapeutic exercise:**
 - As above
 - Upper extremity exercise okay

Week 8-12

- PT as necessary to meet goals
- Weeks 6-8: full weight-bearing as tolerated in unlocked hinged knee brace
- May discontinue brace at week 10
- **Therapeutic exercise:**
 - A.A.ROM and gentle stretching
 - Lower extremity PRE's with low weight / high repetition
 - Stationary bicycle
 - Impact activities per MD

Protocol Modifications:

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____